

1. A cane or walking stick device that helps a person to walk or stand and that allows the person to extend and maintain his or her leg in an essentially horizontal position while seated, said device comprising:
 - a) a means for supporting the person while walking or standing, wherein said supporting means has length and extends essentially vertically to a desired height;
 - b) a means for holding the means for supporting by the person; and,
 - c) a means for propping the person's calf, ankle, foot, or leg while seated, wherein said propping means is padded and extends essentially perpendicular to the supporting means at some location along its length.
2. The device of claim 1 wherein the means for supporting is a shaft or rod.
3. The device of claim 2 wherein the means for supporting has a circular cross section.
4. The device of claim 1 wherein the means for holding is the shaft or rod itself.
5. The device of claim 1 wherein the means for holding is a handle having a desired shape.
6. The device of claim 5 wherein the desired shape is an inverted J-shape.
7. The device of claim 5 wherein the means for holding is detachable.
8. The device of claim 7 wherein the means for holding is also used as the means for propping.
9. The device of claim 1 further comprising a second means for propping identical to said means for propping, and also extending essentially perpendicular to the supporting means in such manner that the person may simultaneously extend and maintain both legs leg in an essentially horizontal position while seated.
10. The device of claim 1 wherein the means for propping comprises:
 - a) a rigid bracket means which comprises a means for mounting with at least two mounting points and a means for resting the person's calf, ankle, foot, or leg; and,
 - b) resilient padding means.
11. The device of claim 10 wherein the means for propping further comprises a pivoting means that permits the means for propping to entirely touch the supporting means so that the means for propping is not extended essentially perpendicular to the supporting means when the person desires to use the device to assist in walking or standing.

- accommodate calves, ankles, feet, or legs of varying sizes.
13. The device of claim 1 further comprising a means for adjusting the position of the means for propping at a plurality of discreet positions along the length of the supporting means.
 14. The device of claim 1 further comprising a means for adjusting the position of the means for propping continuously along the length of the supporting means.
 15. A cane or walking stick device that helps a person to walk or stand and that allows the person to extend and maintain his or her leg in an essentially horizontal position while seated, said device comprising:
 - a) a shaft having length and comprising first and second ends;
 - b) a base at the first end of the shaft, said base allowing the device to rest on the floor with the shaft extending essentially vertically; and,
 - c) a rigid padded protrusion extending essentially perpendicular to the shaft at a selected position along its length, said protrusion being configured to allow the person while seated to rest his or her calf, ankle, foot, or leg thereon.
 16. The device of claim 15 wherein the shaft is a cylinder.
 17. The device of claim 15 wherein the shaft is hollow.
 18. The device of claim 15 wherein the shaft has a plurality of positioning holes drilled along the length of the shaft to allow the protrusion to be positioned at selected positions along the length of the shaft.
 19. The device of claim 15 wherein the base comprises an elastic non-slip tip.
 20. The device of claim 15 wherein the base comprises multiple prongs.
 21. The device of claim 15 wherein the protrusion comprises:
 - a) a rigid bracket having a mounting portion with at least two mounting points and a resting portion; and,
 - b) resilient padding.
 22. The device of claim 21 further comprising a mounting bracket upon which the protrusion is attached, said mounting bracket attaching to the cane or walking stick device.
 23. The device of claim 22 further comprising
 - a) a track having a length shorter than that of the mounting bracket which allows the position of the protrusion to be finely adjusted; and,
 - b) tightening screws to lock the position of the protrusion on the track.

- for continuously positioning the protrusion along the length of the shaft.
25. The device of claim 15 further comprising a handle a handle having a desired shape at the second end of the shaft.
 26. The device of claim 25 wherein the desired shape is an inverted J-shape.
 27. The device of claim 26 wherein the handle is detachable.
 28. The device of claim 27 wherein the detachable handle is attached to device and positioned along the length of the shaft such that the J-shaped handled becomes the protrusion upon which the person rests his or her calf, ankle, foot, or leg.
 29. A cane or walking stick comprising a shaft having length, wherein the improvement comprises a rigid padded protrusion extending essentially perpendicular to the shaft at a selected position along its length, said protrusion being configured to allow the person while seated to rest his or her calf, ankle, foot, or leg thereon.
 30. The cane or walking stick of claim 29 wherein the protrusion comprises:
 - a) a rigid bracket having a mounting portion with at least two mounting points and a resting portion; and,
 - b) resilient padding.
 31. The cane or walking stick of claim 29 wherein the improvement further comprises a mounting bracket upon which the protrusion is attached, said mounting bracket attaching to the cane or walking stick.
 32. The cane or walking stick of claim 31 wherein the improvement further comprises:
 - a) a track having a length shorter than that of the mounting bracket which allows the position of the protrusion to be finely adjusted; and,
 - b) tightening screws to lock the position of the protrusion on the track.
 33. The cane or walking stick of claim 29 wherein the improvement further comprises a J-shaped detachable handle which is able to be inverted and attached to the cane or walking stick to be used as the protrusion.
 34. The cane or walking stick of claim 29 wherein the improvement further comprises two protrusions being configured to allow the person while seated to rest both of his or her calves, ankles, feet, or legs thereon.
 35. The cane or walking stick of claim 29 wherein the protrusion is detachable.
 36. The cane or walking stick of claim 29 wherein the protrusion is configurable by the person so as to remain attached to the cane or walking stick but to optionally not protrude.

said device comprising:

- a) a rigid bracket having a mounting portion with at least two mounting points and a resting portion; and,
 - b) resilient padding.
38. The resting device of claim 37 further comprising a mounting bracket upon which the protrusion is attached, said mounting bracket useable for mounting onto a cane.
39. The resting device of claim 38 further comprising:
- a) a track having a length shorter than that of the mounting bracket which allows the position of the protrusion to be finely adjusted; and,
 - b) tightening screws to lock the position of the protrusion on the track.